



Detailed Rules and Regulations

What is Exercise America-National Parks?

Exercise America-National Parks is an 8-week team based exercise incentive program to help you get fit and have fun as you wind your way through eight of America's most scenic parks- Acadia, Great Smokey Mountains National Park, Voyageurs, Rocky Mountain, Grand Canyon, Yosemite, Redwood, and Yellowstone.

Do I actually travel from park to park?

No- Exercise America-National Parks is a themed-based program. You will track the number of activity minutes each day and those will then convert into miles.

How does the program work?

Form a four-person team of your co-workers, family and friends for this event. Receive a log form and track your individual and team activity minutes along the 6,000-mile route. Along the way you will learn about the history and geography of these national treasures.

What are the program dates?

Registration: July 19th -August 23rd
Program Begins: August 30 Program Mid-Point: September 24 Program Ends: October 23

Who can participate?

Everyone! We've designed the program so that regardless of your current activity level you'll be challenged but not overwhelmed. And with over 50 activities to choose from, you can decide what works best for you and move toward your goal at your own pace. You don't even need to belong to a fitness center!

What are the activity levels?

Chose between two different activity levels to complete your goals:

Park Ranger (Advanced): "I exercise **more** than 3 days per week for 30 minutes per session."

Yogi Bear (Beginner): "I exercise **less** than 3 days per week for 20 minutes per session."

What are the benefits?

Besides improved health and fitness, you'll receive a gift upon registration. Choose between an 89-page low fat cookbook or a 49-page Colorado Trail Databook. Finish the entire program with your team and be entered into a drawing for one of twelve (12) \$25.00 gift certificates to a merchant of your choice! Each participant that completes the program also will receive a *Picture of Health* completion certificate to proudly display for everyone to see!

How do I register?

To set out on the trail to improved health and fitness:

1. Form a team of 4 participants.
2. Choose a creative team name.

3. Complete the team registration form located at www.colorado.gov/dpa/wellnesscenter/index.htm
4. Send your registration form and check or cash for \$20.00 per team member (\$80.00 per team) to:
State Employee Wellness Center 1570 Grant Street, Suite W, Denver, CO 80203
5. To be guaranteed your first choice for the free registration gift, please submit your registration form by August 13th.

What Happens after I Register?

After we receive your team registration, all participants will get put on an email distribution list for the duration of the program. You will be emailed an initial welcome packet that includes the tracking form, list of activities and rules that you will use for the program. You will be notified when your early registration gifts are in and when we will be mailing them to you. Throughout the program, you will receive a weekly email that contains educational information, tips for success, reminders, and motivation.

What if I have more Questions?

For answers to your questions, please call the State Employee Wellness Center at 303-866-2213.